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'YOU KNOW YOU'RE A STONER WHEN...'
MILEY DROPS HINT AT BIRTHDAY BASH {page 21}

G20 TAPE
ANARCHISTS DISCUSS TACTICS AT PLANNING MEETING
{page 3}

TORONTO metro®

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Grey Cup. Champions

▶ Travis Lulay hoists the Grey Cup after the B.C. Lions beat the Winnipeg Blue Bombers to win the 99th Grey Cup last night at BC Place in Vancouver.

JEFF VINNICK/GETTY IMAGES

Lulay leads Lions to historic victory

Game MVP Travis Lulay threw two second-half touchdown passes to lead B.C. to a 34-23 Grey Cup win over the Winnipeg Blue Bombers last night in Vancouver. The victory capped a stunning turnaround for the Lions, who became the first team in CFL history to win the Grey Cup after losing its first five regular-season games. **More coverage, page 29.**

Doomsday budget loses bite?

Some right-wing supporters have moved towards middle and out of the Ford camp

Eleven months ago, a top official in Rob Ford's inner fold revealed the mayor's master plan, which included a smaller workforce and an end to pet social programs and environmental projects. Ford wants to contract out everything he can, the official added, and the Ford administration was going to tame the police budget.

Fast-forward to today, and that wish list isn't looking so realistic.

The official line is that city manager Joe Pennachetti will need to find $774 million to balance the books, but for months it's been known that number is far lower.

Most councillors feel the intense backlash over the KPMG report findings will keep libraries off the chopping block, but museums, some grants programs and TTC funding — which would be mitigated by a 10- to 25-cent fare hike — are safe bets to be cut.

"I won't speculate on the numbers. But the mighty middle has grown."
COUN. JOSH COLLE, DE FACTO LEADER OF CENTRISTS ON COUNCIL, WHICH ARE A FEW VOTES SHY OF HOLDING BALANCE OF POWER

Firefighters will probably be left alone, given the mayor's office about-face on its pledge to rein in police spending. Daycares are a wild card. As is arts funding.

Ford has also signalled he can stomach a two per cent to three per cent property-tax hike, as well as some user-fee hikes. But the major savings are going to be in the work force. Pennachetti has confirmed that this budget will include savings through attrition and layoffs. **TORSTAR NEWS SERVICE**

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Police dogs mourned

They're some of the city's grittiest crime investigators, sniffing out narcotics, looking for clues at shooting scenes and helping to find missing children.

They are often the unsung heroes of the Toronto Police Service, but they have earned the respect of some of the toughest officers on the force.

Toronto police are mourning two service dogs who died from illness last week.

General patrol dog Luke and narcotics and firearms detector dog Keno leave behind a team of 29 dogs. Service dogs live with their police handlers, becoming part of the officer's family.

"The relationship you form with a canine partner is very special; it's completely different than your own dog," said Const. Jennifer Powis of Police Dog Services.

Training Sgt. Paul Caissie had similar thoughts. "To lose two dogs affected us for our strength, as well as the good work we do on a day-to-day basis," Caissie said in a statement.

TORSTAR NEWS SERVICE

COURTESY OF TORONTO POLICE SERVICES

▶ Const. Eric Hembruff with Luke, a serving member of the Toronto Police Dog Services who died recently.

G20 tape reveals 'smashy' plan

Anarchist group spoke of 'zones' Red zone was for aggressive, direct action Discussed how to blend in with peaceful activists after attacks

It was the final meeting of the top anti-G20 anarchists in Toronto last year.

They were putting the finishing touches to a variety of anti-summit strategies, and were especially concerned about how to accommodate "smashy smashy" vandalism without endangering peaceful demonstrators.

"We believe in diversity of tactics," said participant Julia Kerr.

"Anything goes," said Adam Lewis, one of the leading speakers. "Like do what you need to do to bring the heat down on the security state..."

On Friday, a provincial court judge allowed media access to a CD and transcript of the Spokes Council of the Southern Ontario Anarchist Resistance meeting taped by an undercover OPP officer last June.

"The rest of the people can ... stay with the march and bloc up after the end and then go off and do smashy smashy if they want to."

MONICA PETERS, 27, AS HEARD ON A TAPE RELEASED BY A JUDGE

Justice Gerald Lapkin released the exhibits because trials are ended for 17 members of the group.

Lewis, 23, was one of six who pleaded guilty last Tuesday to counselling indictable offences. Charges were dropped against 11 others, including Kerr, 28.

Meeting participants had trouble coming to a consensus about how black bloc activists were to blend in with the peaceful afternoon march. TORSTAR NEWS SERVICE

STEVE RUSSELL/TORSTAR NEWS SERVICE

▶ Syed Hussan and Julia Kerr during a march in honour of G20 arrestees last week.

1 news

The UN's climate-change conference begins today in Durban, South Africa, and the stakes couldn't be higher. Scan the code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

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Canadian banks' earnings and new data on the U.S. economy will be top-of-mind for investors this week. Video at metronews.ca.

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Agency offers an array of services in easy to get to Peel locations

Build it and they will come.

It's just what residents of Peel Region are doing at Community Door, a one-stop centre where they can access a variety of health and social services.

Similar to Community Hubs set up in many of Toronto's priority neighbourhoods, Peel's Community Door offers a combination of programs and services that are centrally located and easy to get to by public transit. The idea is to have a cluster of services under one roof, "like a shopping mall," said Shelley White, CEO of United Way of Peel.

Since the Door opened earlier this year — the Mississauga branch is across from Square One shopping mall at the Sussex Centre on Burnhamthorpe Road West, and the Brampton one is at 7700 Hurontario St. — the number of people using the services has increased, said White.

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SCREENGRAB

▶ Lady Gaga blows a thank you kiss to students at the Etobicoke School of the Arts in this screengrab.

Students go gaga over Lady Gaga

Students cheered and clapped when a personal video from Lady Gaga was shown at an anti-bullying assembly at Etobicoke School of the Arts on Friday. Up until then, students had no idea she had recorded a message and thank you to them.

Student council president Jacques St. Pierre had to keep a poker face since October, after receiving an email from Lady Gaga's staff with a link to the video. He decided to keep it a surprise until the assembly.

"I've seen it over 300 times," gushed St. Pierre, a huge fan of the mega pop star, in an interview before the Friday event.

In August, the Grade 12 student wrote to several celebrities — including talk show host Ellen DeGeneres, singer Katy Perry and Tim Gunn from Project Runway — hoping a message from one of them would have a big impact on students as the school launched an anti-bullying campaign.

"Sometimes schools talk about bullying but never make changes," he said.

"I thought if I could get someone as influential as Lady Gaga to speak to students, that would make a change." TORSTAR NEWS SERVICE

Man may lose foot after TTC accident

A man may lose his foot after he was hit by a TTC bus near Bloor and Dufferin streets on Saturday afternoon.

Toronto police say the man, who is roughly 42, was taken to hospital with a severe injury to his ankle after he was hit by a bus around 3 p.m. "His ankle was nearly severed," Sgt. Mike Martin said Saturday evening.

TORSTAR NEWS SERVICE

News in brief

Canada Post worker caught urinating

TRUCK. Joe Bruno was starting up his truck to go to work when he saw something across the street from his Mississauga home that disturbed him.

Standing a few feet from a parked Canada Post truck was an employee who appeared to be urinating openly on grass against a fence.

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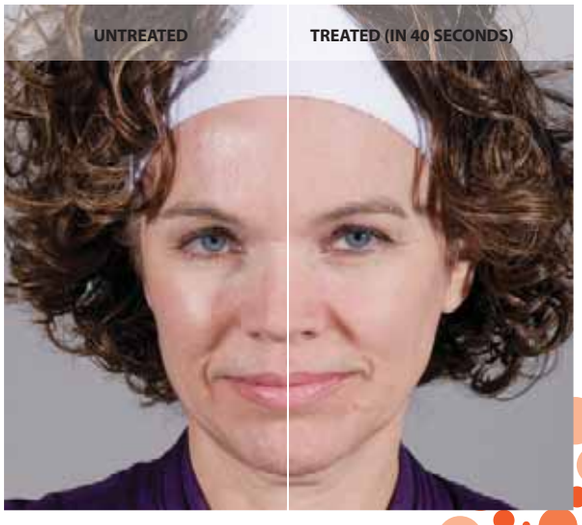
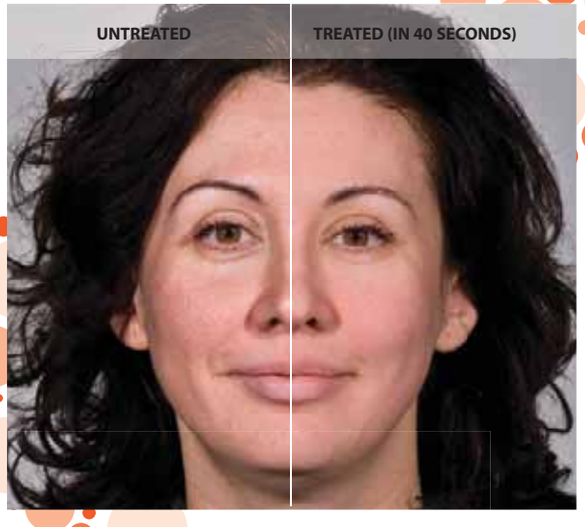
90-DAY MONEY-BACK GUARANTEE 90





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Fare hike likely: TTC chair

Public transit riders should brace themselves for another fare increase, TTC chair Karen Stintz said Friday.

"We've tried to do everything we can to avoid it," she said. "But we still have a gap, and unless something changes we'll need to close the gap through a fare increase."

In a letter to customers, Stintz suggested a fee increase is on the way if the province doesn't cover more of the $1.5 billion it costs to run the TTC.

The TTC received $91 million from the province for operations in the 2010-11 fiscal year. That amounts to six per cent of costs, which Stintz said is "inadequate."

TTC commissioners will decide next month whether to raise 2012 fares by 10 cents. TORSTAR NEWS SERVICE

Ontario's students top of class: Study

Ontario's Grade 8 students are outperforming their peers across the country in math, science and reading, according to a nationwide study.

Results from the 2010 Pan-Canadian Assessment Program test show Ontario is the only province whose students were above the national average in all three subjects. The nationwide test is administered every three years to a random sample of students in a random sample of schools across the country.

Ontario students met but did not exceed national averages in the 2007 results. TORSTAR NEWS SERVICE

Kilts hiked into school debate

TORSTAR NEWS SERVICE

Motion on kilts goes before school board today at its meeting

Too many girls are hiking up their kilts to unacceptable lengths, according to Durham Catholic District School Board trustee Chris Leahy.

Leahy is proposing the board consider allowing schools to ban the skirts, which are part of the school uniform.

In a phone interview from his home in Ajax, Leahy said there are concerns "from the community" about the length of the kilts.

"It doesn't always reflect positively on the school. The administration is spending a little too much time trying to enforce the rules when there are other pressing priorities," Leahy said.

Some students say they like having the option of wearing the kilt.

Kaitlyn Tidd and Rachel Smith, both Grade 9 students at Archbishop Denis O'Connor Catholic High School, don't want to wear pants all the time and find the shorts that go with the uniform too boyish.

> **"There are concerns from the community that sometimes the kilts are a little too short."**
> BOARD TRUSTEE CHRIS LEAHY

Smith hopes the board considers introducing more female-friendly shorts for hotter weather.

Tidd's mother, Tara Tidd, said she likes the kilts. She wore one when she went to high school and feels they're part of the tradition, she told The Star. TORSTAR NEWS SERVICE

▶ Kaitlyn Tidd, left, and classmate, Rachel Smith, Grade 9 students at Archbishop Denis O'Connor Catholic High School, want to retain the right to wear their kilts as a part of the school uniform.

Tories win legal battle in war against union

The Progressive Conservatives have won a legal skirmish in their war against an influential union coalition they charge is a Liberal front that cost them last month's provincial election.

An Ontario court has granted the Tories leave to appeal a May 18 ruling that rejected their claim the group Working Families was formally linked to Premier Dalton McGuinty's governing Liberals.

Working Families spent $2 million on a blitz of TV and web advertisements attacking Conservative Leader Tim Hudak before and during the Oct. 6 election. That's about a quarter of the Liberals' campaign budget.

The organization — which includes the Ontario Secondary School Teachers' Federation, the Elementary Teachers' Federation of Ontario and the Ontario Nurses' Association — is back in the headlines because the Tories believe unions are behind the Grits' refusal to impose a public-service wage freeze.

SCREENGRAB

▶ Screengrab of Tim Hudak attack ad that hit airwaves in August 2011.

"Let's just get to the bottom line here. The reason why you're not bringing in a mandatory wage freeze on the union side is because of your friends in the Working Families coalition," Tory Leader Tim Hudak told the Liberals in the House last Thursday.

Finance Minister Dwight Duncan, who has refused to enact a wage freeze that could affect more than 1 million workers over concerns it would be unconstitutional, deflected the Tories' criticism as sour grapes. TORSTAR NEWS SERVICE

Three-in-a-row

- For a third consecutive provincial election, Working Families hit the airwaves targeting the Tories.
- However, Elections Ontario and the courts have consistently found that there are no reasonable grounds to believe the anti-Conservative advertising has been conducted on behalf of the Liberals or any other party.

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Pakistan. Protest

▶ A boy holds a dagger before a placard reading "Who is terrorist? America" during a rally in Lahore, Pakistan, yesterday to condemn NATO attacks on Pakistani troops.

K.M.CHAUDARY/THE ASSOCIATED PRESS

Deadly airstrike condemned

Islamabad retaliated for an airstrike that killed 24 Pakistani troops by closing border crossings used by the international to supply its troops in Afghanistan. The U.S. plans its own investigation into NATO's involvement in the incident.

Sanctions on Syria

- **Regime calls Arab League move betrayal of solidarity**
- **Damascus says foreign conspiracy behind the revolt**

In an unprecedented move against a fellow Arab nation, the Arab League yesterday approved economic sanctions on Syria to pressure Damascus to end its deadly suppression of an eight-month-old uprising against President Bashar Assad.

But even as world leaders abandon Assad, the regime has refused to ease a military assault on dissent that already has killed more than 3,500 people.

The sanctions are among the clearest signs yet of the isolation Syria is suffering because of the crackdown. Damascus has long boasted of being a powerhouse of Arab nationalism, but Assad has been abandoned by some of his closest allies and now his Arab neighbours. The growing movement against his regime could transform some of the most enduring alliances in the Middle East and beyond.

30
The number of people activist groups said were killed yesterday.

The sanctions include cutting off transactions with the Syrian central bank, halting Arab government funding for projects in Syria and freezing government assets. Other steps, including halting flights and imposing travel bans, will come later.

THE ASSOCIATED PRESS

ROYAL RESCUE

William helps with search

Prince William joined a frantic search and rescue mission yesterday after a cargo ship sank in the Irish Sea, leaving several members of the Russian crew missing.

The second in line to the British throne, who is a Royal Air Force helicopter pilot and known professionally as Flight Lt. William Wales, was aboard an aircraft that rescued two crew members early yesterday, after their vessel's hull cracked in gale force winds off the coast of north Wales.

Britain's defence ministry said William had been co-pilot of the helicopter, which carried two people back to his base RAF Valley, on the Welsh island of Anglesey.

THE ASSOCIATED PRESS

Obese boy taken from his family

An eight-year-old Cleveland boy who weighs more than 200 pounds has been taken from his family and placed into foster care after county social workers said his mother wasn't doing enough to control his weight.

Officials say the case is a first in Ohio.

THE ASSOCIATED PRESS

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New English mass debuts

Touted as biggest shakeup in the Catholic church since 1960s

English-speaking Roman Catholics found themselves on unfamiliar ground at mass yesterday, needing crib notes to follow along with a ritual many have known since childhood.

The mass itself — the central ritual of the Catholic faith — hasn't changed, but the English translation has, after a years-long process of revision and negotiation.

Along with other changes, "We believe" has been replaced with "I believe" in the Nicene Creed, "cup" becomes "chalice" and the term "consubstantial" replaces language calling Jesus "one in being with the Father."

The roots of the new translation go back to the Second Vatican Council in the 1960s, which allowed mass in languages other than Latin. In 2001, the Vatican issued a directive requiring translation of the English missal that would be closer to the Latin rather than to more familiar vernacular speech.

THE ASSOCIATED PRESS

Critical mass

- **Maribeth Lynch, 51, of** Milwaukee, Wis., said she was "distraught" over the changes and would refuse to "learn the damn prayers."
- **"It's ridiculous. I've been a** Catholic for 50 years, and why would they make such stupid changes? They're word changes. They're semantics," she said.

Forward. March

▶ Women activists, some dressed in wedding gowns representing child brides forced into marriage, hold signs that read "end violence" in Ankara, Turkey, yesterday.

BURHAN OZBILICI/THE ASSOCIATED PRESS

'Brides' against violence

A national average of 28 per cent of Turkish women are married before the age of 18, but regional differences mean that as many as 50 per cent of girls are married off as minors in some parts of the country. Childhood marriages are "widely accepted" by Turkish society, a recent study found.

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Putin warns West not to meddle in campaign

Russian Prime Minister Vladimir Putin sternly warned the West not to interfere in Russia's elections, as he launched his campaign to reclaim the presidency in a speech yesterday before thousands of flag-waving supporters.

Putin stepped down in 2008 after two presidential terms, but kept his hold on power. He announced in September that he intended to return to the top job next year and was formally nominated yesterday by his United Russia party.

"All our foreign partners need to understand this: Russia is a democratic country, it's a reliable and predictable partner with which they can and must reach agreement, but on which they cannot impose anything from the outside," Putin told his audience. THE ASSOCIATED PRESS

Ukraine. Tymoshenko

▶ A supporter of former Ukrainian prime minister Yulia Tymoshenko attends a rally outside her prison in Kiev yesterday.

SERGEI CHUZAVKOV/THE ASSOCIATED PRESS

Birthday rally at prison gates

Ukrainian singers staged a rally-concert in support of former prime minister Yulia Tymoshenko to celebrate her 51st birthday at the gates of her prison. Tymoshenko, Ukraine's top opposition leader, was sentenced to seven years in prison last month on charges of overstepping her authority while negotiating a natural gas import contract with Russia in 2009.

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40	$13	$11	$16	$13	$24	$19	$41	$29
45	$16	$13	$23	$17	$33	$22	$57	$38
50	$17	$13	$33	$24	$52	$36	$96	$67
55	$25	$18	$53	$37	$80	$66	$168	$123
60	$37	$26	$86	$59	$160	$110	$310	$212
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70	$102	$70	$248	$167	$492	$328	$971	$652

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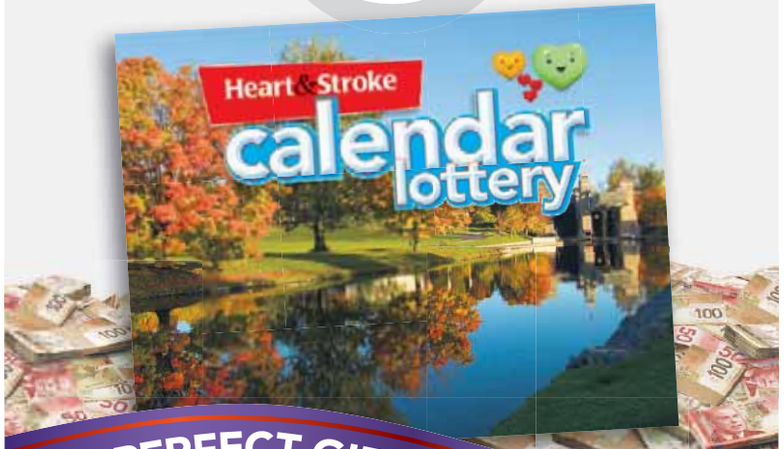

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Presbytery locks out Ottawa churchgoers

- Congregation forced to worship in the basement
- Worshippers worried for future of the church

JESSICA SMITH
@METRONEWS.CA
METRO CANADA IN OTTAWA

JESSICA SMITH/METRO OTTAWA

▶ St. Giles Presbyterian Church

On the first Sunday of Advent the small Ottawa congregation of St. Giles Presbyterian Church worshipped in the basement, locked out of the sanctuary by the presbytery.

"It doesn't matter where we worship, as long we worship as a community," said Rev. Wayne Menard.

A group of church members signed a petition objecting to Menard's leadership and asking for his removal. As a result, the presbytery locked the doors of the sanctuary until the congregation "repents," Menard confirmed.

According to Menard, the problem is more nuanced and complex than reported in local media. He he said that, out of concern for the congregation, he doesn't want to speak about what led to the basement service. "This is a fragile group," he said.

People from other churches came to the service yesterday to show support for the congregation. Roughly 40 people was a good turnout, Menard said.

Most of the churchgoers said they were concerned the rift would impact the future of the church. "I think there's a real risk that people will go to other churches," said Claudia Chowaniec.

Murdo Murchison also said he was worried that the problems would harm attendance at the church, but added that having to worship in the basement didn't bother him. "What troubles me is the closing of the church and the indefinite reasons," he said. "The whole thing is a mess and I don't understand why."

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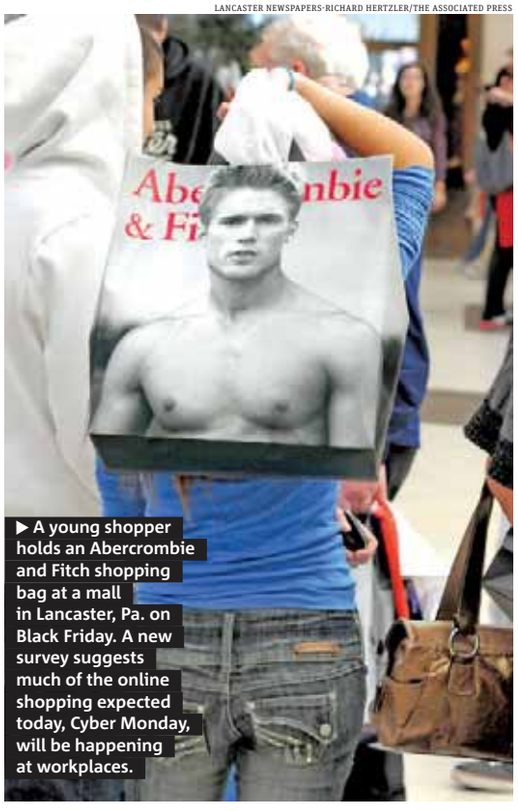
LANCASTER NEWSPAPERS-RICHARD HERTZLER/THE ASSOCIATED PRESS



▶ A young shopper holds an Abercrombie and Fitch shopping bag at a mall in Lancaster, Pa. on Black Friday. A new survey suggests much of the online shopping expected today, Cyber Monday, will be happening at workplaces.

Cyber Monday catches on

Dozens of big Canadian retail outlets offering sales to online shoppers

Missed Black Friday specials? Not to worry.

There's Cyber Monday.

Several companies now offer deep discounts to online customers on the Monday after Black Friday.

A new survey suggests much of the online shoppers will be doing so while they are at work today.

Cyber Monday has been with us since 2005 when a marketer noticed consumers spend more when a day has a special name.

Last year, Americans spent more than $1 billion US on Cyber Monday — the most they spent online any day of the year.

Canadians are a little behind the curve, but we're catching up. A recent Ipsos Reid poll done for e-commerce giant PayPal said that 52 per cent of Canadians are aware of Cyber Monday, up drastically from 24 per cent last year.

Cyber Monday is not just limited to deals from Canadian retailers. Some retailers south of the border are offering incentives such as free shipping to Canada. Bloomingdale's, J.C. Penney and Macy's offer Canadian shipping and include taxes and duty costs right at checkout.

According to Visa Canada, a third of online Canadians shoppers planned to shop at American outlets between Black Friday and Cyber Monday.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar	Oil	Natural gas 1,000 cu ft
- 23.26 (11,462.06)	- 0.23¢ ($95.29¢ US)	+ 60¢ US ($96.77 US)	$3.542 (+ 8.2¢)
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ELIANNA LEV/FOR METRO

▶ Bandlink co-founder Rob Platek.

BANDLINK BRIDGES A MUSICAL GAP

URBAN COMPASS

ELIANNA LEV
METRO TORONTO

Ask any musician: Putting a band together can often be as labour intensive as learning how to play an instrument.

Word of mouth is usually the way to go, but that can take ages. Posting an ad on a public bulletin board is a reasonable Plan B, but who knows what kind of characters you might attract.

So it's a surprise that no one in the whole wide World Wide Web thought to come up with a website where bands are formed. Good thing Toronto-based Rob Platek has set out to change that tune.

The entrepreneur, web developer and musician co-founded Bandlink, a newly launched website that's best described as LinkedIn for the music world. Its mandate is to bring musicians together, online.

Solo musicians and bands create a profile, outlining what instruments and styles they play. Once posted, they can then search through other musicians in their region. Bands can also post online auditions, which send messages out to other users who fit the specific requirements.

"Newly launched website that's best described as LinkedIn for the music world."

"Basically, we're making it the easiest and best way to link people together," says Platek, 35. (His business partner, Marc Carignan, is based in Montreal. The two work over email and instant messaging.)

As the site develops, Platek plans to expand it out to different parts of the music scene, so that newly formed bands can access other industry types, like record producers and publicists. The former IBM employee also intends to develop pages that promote band events, rehearsal and recording studios and gear rentals. The end goal is to make Bandlink the go-to website for emerging musicians.

Bandlink currently has 1,000 members, some as far away as Lebanon and Korea. It was launched entirely out of the pockets of Platek and Carignan and they're currently brainstorming ways to monetize it.

The pair predicts Bandlink will provide a much-needed online community that musicians have long been lacking.

"There's nothing really out there for musicians," says Platek. "There's Craigslist and these boards in music stores and laundromats, so we have a vision of this being the place to go."

Register at metropolitanpanel.ca and take the quick poll

Will you miss Italy's resigned leader Silvio Berlusconi?

78% NO, HIS BUNGA BUNGA STYLE DOESN'T INTEREST ME

22% YES, HE MADE POLITICS SEXY

Local tweets

- **@James-Koole:** Waiting for the kids to go to bed so I can get the TV back and watch the Grey Cup. #bclions #greycup #CFL
- **@SavedByTheBeard:** Jovon Johnson's next CFL contract has to include a clause that includes free chinstraps. #2011GreyCup #bombers #safetyfirst
- **@manowarphotos:** Everyone]s watching the #CFL #GreyCup for one reason: Nickelback!!!! GET PUUUU-UMMMPED!!!! #fb
- **@LivJMK:** I hope nickelback doesn't have an unfortunate 'wardrobe malfunction' during the half time show. #cfl #greycup #yaIsaidit
- **@PunkieHeart15:** Eating chicken and watching the #GreyCup. That's how it's done my little Canadian friends <3
- **@GregBarryLive:** Here's hoping the #CFL loses the #TSN deal when it's over cuz their broadcast team Blows #greycup
- **@jianghomeshi:** Sweetly sung O Canada by Jann Arden. No histrionics. No melody changes. Performed with fitting...modesty. Good one, Jann. #GreyCup

Daily Zoom

Water — a young planet's lifebuoy

200 times the distance from Earth to sun — this is how far these icy vapour disks stretch out. Water can play a key part in forming new worlds since ice condenses with other materials to form the cores of gaseous planets.

TIM PYLE/SPITZER SCIENCE CENTER/CALTECH

Halo of water, celestial sight

CONSTELLATION H2O. This ring of water vapour, enough to fill several thousand Earth oceans, has given U.S. experts a clue to the origins of our planet's seas. The water around the star TW Hydrae could form into icy comets and eventually collide with young planets, bringing with it the ingredients for life. MWN

"This research tells us that the key materials that life needs are present in a system before planets are born. We can directly detect this."

PROF. TED BERGIN, UNIVERSITY OF MICHIGAN, LEAD AUTHOR OF STUDY

Is our neighbour copying us?

EVOLUTION. The TW Hydrae star, in the constellation of Hyda, is 10 million years old and our closest solar-system-to-be neighbour, being "only" 175 light years from Earth. Many young star systems could have similar disks and, therefore, the potential to develop watery planets and thus be able to host alien life. MWN

How it might work

- **Collision and formation.** Over several million years, disks could collide and form planets and cosmic bodies.
- **Balls of ice.** Dust and ice particles could merge to create icy comets.
- **Creation of new oceans.** Comets could crash onto planets to form vast seas.

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Metal's distorted roots

Documentary connects Elvis to Metallica ... to Nickelback? Premiered Friday on MuchMore

The target audience for the 11-part documentary series Metal Evolution is a pretty specific head-banging demographic that's already familiar with the history of the heavy genre from AC/DC to Metallica and Zakk Wylde.

And yet the Canadian-made show has landed screen time on MuchMore, which has the likes of Katy Perry, Bruno Mars, Beyonce and Britney Spears topping its current chart of videos.

Show co-creators Sam Dunn and Scot McFadyen say it was a lot easier to sell this series (which first began airing in the U.S. on VH1 Classic) than it was to get buyers' attention with their first big project, the documentary Metal: A Headbanger's Journey.

Dunn and McFadyen say they've proven there's a sizable audience for serious programming about heavy metal and how it's affected and been affected by other music genres.

"When we told people we wanted to make a serious film about heavy metal (seven years ago) we got laughed out of a lot of boardrooms, people didn't really think it was something that could be done and actually could engage an audience," Dunn says.

"Nickelback is a band people like to bash but they are great performers and they do kind of come out of that grunge influence and build on it"

SCOT MCFADYEN, CO-CREATOR OF METAL EVOLUTION

▶ Metallica's singer James Hetfield performs on Yas Island, Abu Dhabi, United Arab Emirates last month.

"VH1 Classic has been really supportive of our work in the U.S. and I think they recognized that provided you can kind of tie in a lot of the classic bands, like Kiss and Aerosmith and Van Halen, and touch on some of the more recent bands, they recognize there's an audience out there."

The idea for the show, co-produced by MuchMore and VH1 Classic, was based on the reaction to a family tree of heavy metal that the filmmaking duo presented in their first documentary, charting how the music of Elvis Presley, the Beatles and Jimi Hendrix connected to the various metal subgenres of today.

"There were a lot of people we were really excited to interview, some unlikely characters for a series about heavy metal," Dunn says, giving Dick Dale, the '60s-era King of the Surf Guitar, as a prime example.

Another somewhat unlikely connection to heavy metal — which the filmmakers are expecting may cause a bit of a kerfuffle with fans of the genre — is the much-maligned best-selling rockers Nickelback.

The band is profiled during an episode about the aftermath of the grunge movement in the '90s and how the likes of Nirvana, Alice in Chains, Pearl Jam and Soundgarden influenced hard rock.

"Grunge is a good example of those musical styles where half the people you ask will say it's totally metal and the other half will say it's got nothing to do with metal," says Dunn.

"That's really the question we ask in that episode, is grunge part of the story of metal?" If it is, it's hard to dispute Nickelback isn't part of the conversation, given that the band began dominating the radiowaves in the years after grunge's demise.

"This show is about the evolution of sound and who did those grunge bands influence? Really, the next generation are bands like Nickelback, Creed and Silverchair, all these bands that came up in the late '90s that had hallmarks of the grunge sound but were creating something a little more mainstream, a little more radio-friendly," says Dunn.

It was impossible to ignore Nickelback's impact on hard rock music, McFadyen says, even if metal fans think the band is the antithesis of what they're into.

THE ASSOCIATED PRESS

2 scene

Box office

The latest Twilight movie has plenty of daylight left with a second-straight win at the weekend box office. The Twilight Saga: Breaking Dawn – Part 1 took in $42 million domestically over the three-day weekend and $62.3 million in the five-day U.S. Thanksgiving boom time from Wednesday to yesterday.

THE ASSOCIATED PRESS

India hooked to Tamil song that's become an Internet sensation

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Your holiday soundtrack

With less than a month until Christmas you should be listening to some festives tunes — or at least buying them for other people Here's a breakdown of artists who manage to rock the yuletide classics

ALL PHTOS CONTRIBUTED

Michael Bublé, Christmas

Christmas comes early with Michael Bublé's holiday record.

It's his second seasonal release, and it seems as if he's got a knack for making cosy Christmas music.

His smooth voice perfectly covers classics like Silent Night, Have a Holly Jolly Christmas and Jingle Bells.

There's even an original song called Cold December Night.

Bublé also covers Mariah Carey's All I Want for Christmas Is You, but adds his own twist by slowing it down.

It sounds like a completely different song that is noteworthy in its own right.

Christmas is an instant classic that would go nicely in anyone's collection.

Justin Bieber, Under the Mistletoe

Parents are likely to buy Justin Bieber's Christmas album for their kids and pray that their young ones will only play it through their headphones. But Bieber's Under the Mistletoe is a thoroughly entertaining offering for all ages — sometimes even more so for the adults. He's still a teen heartthrob, but there's little childlike about this album (except for the song Someday at Christmas, which closes out the deluxe CD, where a much younger Bieber channels Michael Jackson). Bieber's voice has deepened, and the bubble gum sound has given way to a more mature, soulful sound. And on the soulful upbeat groove Fa La La, with guests Boyz II Men, he sounds almost — sexy.

She & Him, A Very She & Him Christmas

Zooey Deschanel and M. Ward, the she and him of folk rock duo She & Him, have patterned a sparse yet satisfying Christmas album that, on listen after repeated listen, brings to mind a subtly hip holiday vibe that's edgy enough to impress the most jaded Brooklynite and innocent enough to play for grandma, too. Across the 12 tracks presented on the album Deschanel and Ward glide through some of the holiday classics with low-key yet inspired gait.

The interplay between Ward and Deschanel on Silver Bells and I'll Be Home For Christmas is quick and bouncy, lending a decidedly prominent sense of mirth and merriment — always critical components of a good Christmas album.

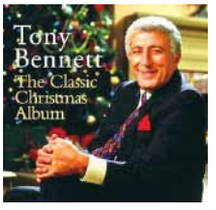
David Ian, Vintage Christmas

Jazz pianist David Ian treats the classics with a deft hand on Vintage Christmas, seamlessly melding the some traditional compositions with the perfect hint of lounge-meets-jazz phrasing.

There's a way to botch this approach, to make it too kitschy. Ian knows better and meanders from the traditional approach just enough to keep it interesting, but without too many extra instruments mucking up the arrangement.

His minimalist piano work delivers a clean approach here.

The best moments come when Ian is paired with vocals by Acacia, one half of the sister-duo group Tal & Acacia.



Tony Bennett, The Classic Christmas Album

When you've been around as long as Tony Bennett, you don't release an album of Christmas favourites, you put out a collection of the best Christmas songs recorded throughout your career.

This greatest hits album compiles holiday tunes from the 85-year-old crooner's repertoire over 40 years.

Over the years, he's recorded Christmas music with the London Symphony Orchestra and the Count Basie Band.

While these songs have all been heard before, there's an eclectic magic to listening to them in succession.

Joey + Rory, A Farmhouse Christmas

If you want to freshen up your holiday music collection, you could do much worse than this country duo. Joey is the woman and Rory is the guy always wearing overalls, even on the album cover. Yes, they're a couple like that cute plus sign in their name implies. Rory is a working songwriter when not recording with his wife and it shows in some of the lyrics. Sample from the album opener It's Christmas Time: "We'll eat too much and swear again / that come New Year we're getting in / the best shape that we've ever been / but we know we're lyin'. / So pass the pie and one more roll / and pass me that remote control / oh, lookee here, I love this show! / It's Christmas time." THE ASSOCIATED PRESS

George Michael cancels Euro tour due to illness

George Michael has postponed all his remaining 2011 tour dates as he recovers from pneumonia, the singer's publicist said Friday.

Michael was hospitalized in Vienna, Austria, earlier this week. A statement from publicist Connie Filippello said the 48-year-old former Wham! singer "is responding to treatment and slowly improving." Michael "is ill with pneumonia and any other speculation regarding his illness is unfounded and untrue," the statement said.

Two Austrian doctors treating Michael said he had "severe community acquired pneumonia," but "his condition has stabilized and he is responding to treatment." They said he needed time to regain his strength. "From the current point of view, the time until recovery cannot be estimated, but he will not be able to perform the rest of the tour," Dr. Christoph Zielinski and Dr. Thomas Staudinger said in a statement. "Besides medical treatment, complete rest, and peace and quiet are mandatory."

The singer has postponed dates in Liverpool, Sheffield, Newcastle, Glasgow, Birmingham, Manchester and London.

45 George Michael had played 45 dates on his Symphonica tour European tour before falling ill.

The statement said the concerts would be rescheduled.

THE ASSOCIATED PRESS

GETTY IMAGES

▶ George Michael is said to be recovering from pneumonia.

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Let's all go to the music bar

Deer Tick's Divine Providence is anything but preachy Check out their fun-loving album to find out why

PAT HEALY
SCENE@METRONEWS.CA
METRO WORLD NEWS IN BOSTON

KARL WALTER/GETTY IMAGES

▶ Deer Tick performs at the Coachella Valley Music & Arts Festival 2010 held at the Empire Polo Club in California.

Deer Tick calls their new album Divine Providence, which at first seems like a sweet homage to the group's beginnings in Rhode Island's capital city.

But as with most things related to this band, the truth is uglier, ruder and much more rock 'n' roll.

"It actually came from a black metal song that we wrote," says singer John McCauley.

"It had extremely anti-Christian lyrics, so we thought it'd be funny if we named that song Divine Providence."

They eventually scrapped the song, as it didn't fit the mood of their new album — which is mostly a rollicking good time, catering to classic rock fist-pumps as much as country rock swaying. Filled with titles like Let's All Go to the Bar, and lyrics like,

"Johnny's got a bottle of wine, no one is gonna make it to work on time," they recall 1980s rock outcasts The Replacements.

"Oh yeah, we're big Replacements fans," says McCauley.

And like The Mats, there is a degree of longing and loneliness beneath the surface of the party proceedings too.

But Deer Tick is no throwback act. They are writing very much for these times.

The song Main Street, which they recently performed on Letterman, seems perfect for the age of 24-7 social networking, as McCauley asserts in a desperate rasp: "Miss one day and the whole world casts you out."

Divine Providence also has a sonic density that betrays its festive atmosphere. So in the studio, are Deer Tick focused or a mess?

"I'd say it's a little bit of both," says McCauley. "Or maybe one person would be really drunk and nobody else would. It all depended on what time of day you got to the studio."

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NATIONAL BANK

Miley Cyrus: Party in the USA, indeed

- Singer's friends get her a Bob Marley-shaped cake for her 19th birthday
- A number of dwarfs, including a mini-Nicki Minaj, attend the party

THE WORD

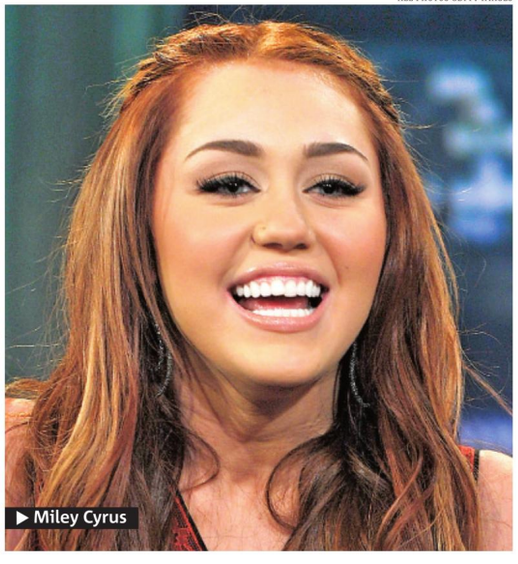
DOROTHY ROBINSON
SCENE@METRONEWS.CA

It looks like Miley Cyrus has yet another alter-ego: Let's call this one Hannah Bong-tana, shall we?

When she was presented with a Bob Marley-shaped cake at her 19th birthday party at the Roosevelt Hotel in L.A. last week, Cyrus quipped, "You know you're a stoner when friends make you a Bob Marley cake — you know you smoke way too much f—in' weed." (The Daily has the video evidence.)

"I thought salvia was your problem, man?" retorted guest Kelly Osbourne.

ALL PHOTOS GETTY IMAGES



▶ Miley Cyrus

The Daily also reports that guests on hand for the party included her parents, Rumer Willis, and "and a number of dwarfs, including a mini-Nicki Minaj."

I'd make a joke but 1. Osbourne already did it for me. 2. A mini-Nicki Minaj? I have much too much respect for how Cyrus throws a party to poke fun.

Celebrity tweets

Is it my imagination, or is everyone talking much faster than they used to on CNN?

@BetteMidler

@russellcrowe

3 hour walk and talk with a great friend. Most of the world's problems solved. I hope you all have a spectacular day.

@goldiehawn

Don't forget to smile when you breathe. Makes all the difference

@AlbertBrooks

Working on "It's a Wonderful Tweet" A man is shown how the world would be different if he were never on Twitter.

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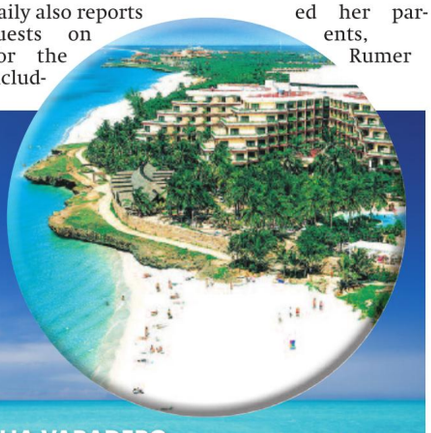

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J.Lo, beau hang in Hawaii

Singer's new man bonds with her twins, says source

Jennifer Lopez opted to spend the American Thanksgiving holiday by escaping to Hawaii with Casper Smart, the 24-year-old dancer she's reportedly been dating, according to TMZ.

Smart also met several of Lopez's family members during the trip — and spend quality time with her three-year-old twins, Max and Emme.

"Casper was great with the kids. He was twirling them around and doing flips with Emme and she seemed very comfortable with him," a source says.

"Jennifer got a chance to sit back and relax while Casper took over and played." METRO

▶ Jennifer Lopez

ALL PHOTOS GETTY IMAGES

▶ Lily Allen and Sam Cooper

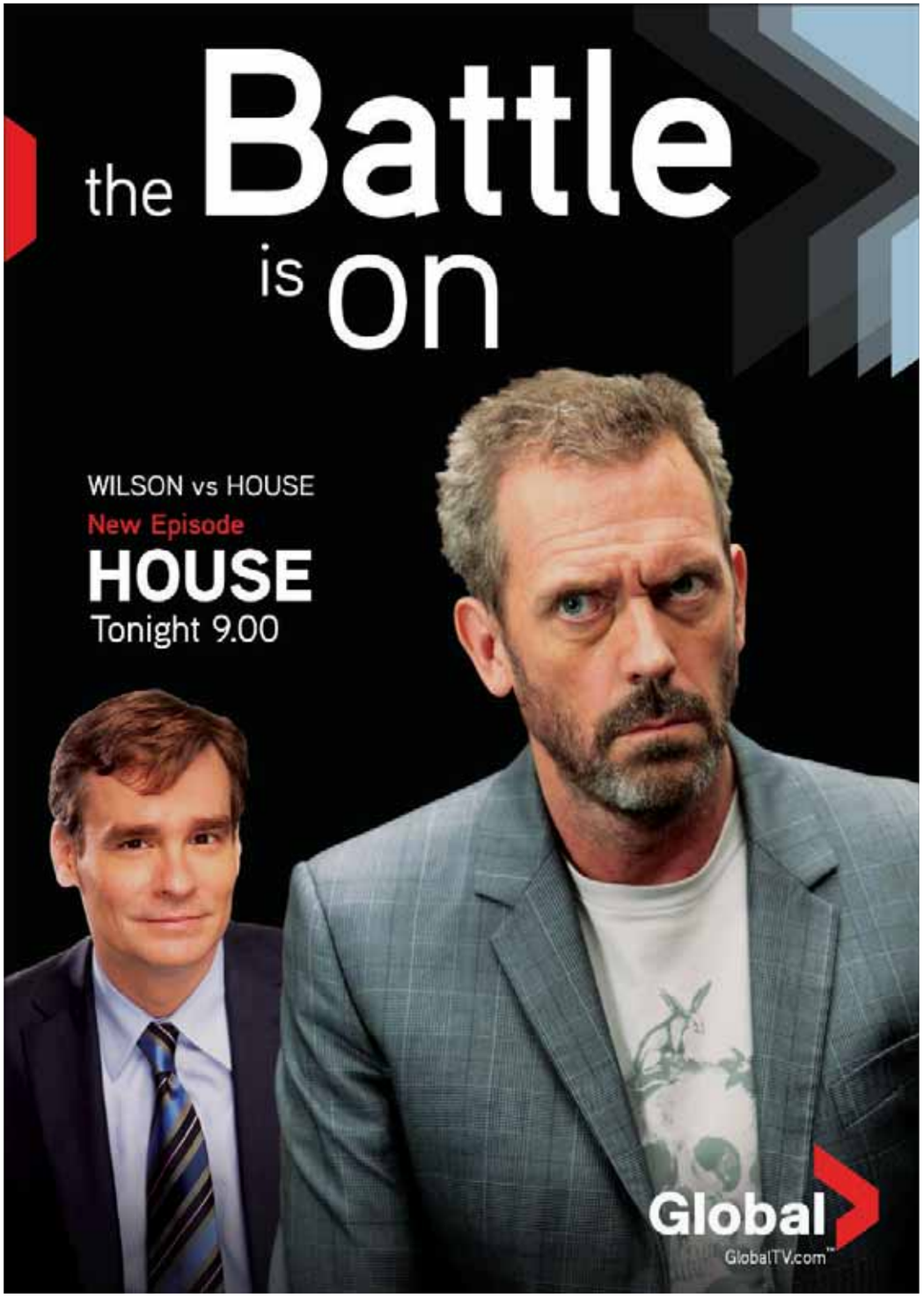
It's a girl for Lily Allen and Sam Cooper

Lily Allen and Sam Cooper welcomed their first child, a daughter, over the weekend, according to the Daily Mail.

While not quite an official birth announcement, Allen did reference the arrival on Twitter, posting simply, "Totes amaze."

It's a particularly special occasion for Allen and Cooper, as Allen has suffered miscarriages twice in the past three years.

There was no announcement yet about the baby girl's name. METRO



Want to date Lady Gaga?

When it comes to finding a man, Lady Gaga is looking for an Ivy League education — among other things.

"Talent and perseverance and pushing the boundaries of love and acceptance," Gaga says of the attributes she appreciates in a prospective boyfriend, according to Hollyscoop.

"I don't know. I can't really say. It ranges from a really big [penis] to a degree at Harvard. Just about anything." METRO

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Are toys good for kids?

The toy industry uses aggressive marketing to sell 'educational' toys to parents and children Will your kids learn anything from these gadgets? Or will a simple box do?

EMMA E. FOREST
SCENE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

This time of year, parents spend billions on toys and toy companies spend millions advertising their latest toys and gadgets to kids. With toy manufacturers selling so-called "educational" toys — this year top sellers include junior tablets — what's really best for kids?

"The marketplace has been doing a marvellous job of telling parents that unless you buy the right toys for your children — that is to say, the toys they manufacture — they will be stunted intellectually. It leads parents to buy toys that really aren't ideal," says Dr. Roberta Golinkoff, psychology professor at the University of Delaware and author of A Mandate for Playful Learning in Preschool and Einstein Never Used Flash Cards.

"People in my job have done a lousy job of educating the public about what matters in child development. A lot of parents are buying, for example, expensive electronic toys that have really questionable benefits."

Research shows that kids learn from play, not toys. Parents should be wary of toys marketed as educational — in fact shockingly few toys of any type are developed in consultation with child psychologists.

"Everything is educational, but what are kids actually learning?" says Dr. Susan Linn, psychiatrist at Harvard Medical School and director of the Campaign for a Commercial-Free Childhood.

"Children learn the most from hands-on creative play and from interacting with adults who care about them, so parents should approach toys that claim to be educational with healthy cynicism," says the academic who led CCFC's victorious campaign against Baby Einstein's unsubstantiated claims that babies learn from its DVDs.

"They should ask themselves: Is this toy encouraging my child to be creative? Does it require my child to actively do things? Can it be used in more than one way? Toys that talk, sing or dance at the push of a button are pretty useless for kids."

"The kind of toys kids need are 90 per cent kid and 10 per cent toy, not where the toy determines what you do," says Golinkoff. "That's why children are more fascinated by the box the toy comes in than the toy, because the box has a million possibilities and the toy has one."

THINKSTOCK

▶ Kids learn most from — and love — toys that let them play properly.

"Toys kids need are 90 per cent kid and 10 per cent toy, not where the toy determines what you do."
DR. ROBERTA GOLINKOFF

Children learn most from toys that offer multiple possibilities and allow kids to express their creativity including art and craft projects, puzzles and games, dress-up outfits, role-play toys and building blocks.

This holiday, place a large appliance box in the middle of your living room, suggests Golinkoff.

"Parents will be shocked by how much their children age seven or under will love that box because it frees up their imagination — it can be a boat, spaceship or house, and they can colour it, cut bits out, paste things on it. Kids love this.

"Parents feel like if they don't buy expensive toys with batteries that they're failing their children but it's the exact opposite. You want the kid to be in charge and not the toy."

3 life

Slow toys

This season UK toy wholesaler Asobi launched a 'Slow Toy' list of fun, interactive, battery-free toys in response to the UK Toy Retailers' Association's top 12 toys of 2011, which included the daft Doggie Doo: a plastic dog that poos.

New rules will make built-in child car seats conform to changed size limits. Scan code for story.

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Have some fun with tuna

Eating from a can is boring Making tacos is a simple, tasty solution

CLOVER LEAF

▶ This recipe serves two.

Try these easy tuna tacos for dinner or lunch. Having the flavour right in the tuna helps bring this meal together fast. Serve it up with a crunchy green salad to round out the meal.

Preparation:

1. Toast taco shells for 20 to 30 seconds in toaster oven or in a 180 C (350 F) oven for 1 minute.
2. In a small skillet, heat tuna over medium heat. Reduce heat to low and stir in half of the sour cream.
3. Divide some of the tuna mixture among each taco shell and top with lettuce, tomato and remaining sour cream. Garnish with lime wedges.

CLOVER LEAF/ THIS RECIPE WAS ADAPTED FOR METRO BY EMILY RICHARDS, A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. FOR MORE, VISIT EMILYRICHARDSCOOKS.CA.

Ingredients:

- 4 taco shells
- 3 cans (85 g each) flaked light tuna (spicy thai chili)
- 60 mL (1/4 cup) sour cream
- 250 mL (1 cup) shredded iceberg lettuce
- 1 tomato, diced
- 2 lime wedges

Rose Reisman's Swap It

When things get busy for you, it can be quick and convenient to toss a Lunch Mate into your child's school bag. But beware, some Lunch Mates are healthier than others.

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Excite the family with Cumin-rubbed flank steak

Preparation:

1. Heat a grill or grill pan to medium. In a small bowl, mix together garlic, smoked paprika and cumin seeds. Set aside.
2. Trim steak of any surface fat. Brush it lightly with olive oil, then press the seasoning rub onto both sides.
3. Just before cooking, season steak with salt. Place steak on the grill or grill pan and sear. Cook for 4 to 6 minutes. Turn steak and sear second side. Continue grilling for about 3 to 5 minutes or until cooked to desired doneness. Transfer steak to a platter and let rest for 5 to 10 minutes before carving. **THE ASSOCIATED PRESS/ THIS RECIPE WAS ADAPTED FOR METRO BY EMILY RICHARDS.**

Ingredients:

- 1 clove garlic, minced
- 2 ml (1/2 tsp) smoked paprika
- 2 ml (1/2 tsp) whole cumin seed
- Olive oil
- 750 g to 1 kg (1 1/2- to 2-lb) flank steak (about 1 cm/3/4-inch thick)
- Kosher salt

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A waning in the greening?

Study shows current climate of economic uncertainty is putting a drag on eco-friendly home upgrades

BEN KNIGHT
GREEN@METRONEWS.CA

Canada is getting greener.

But the rate at which Canadian consumers are making green decisions for their homes appears to be in decline.

The 2011 Home Depot Canadian Green Home Index gives Canadians a rating of 54.7 out of 100 on a range of actions. The survey covers everything from buying efficient light bulbs and reusing shopping bags, to renovations and retrofits of the entire household. That number is down slightly — for the second year in a row.

"Through our research, we understand that Canadians don't really know where to start," says

Paul Berto, Home Depot's director of corporate communications.

"And since no one has defined what it really means to be green, we thought we'd go with our own index. It's designed to measure Canadians' attitudes and actions on how they can help improve the environment and their homes at the same time."

Berto says the current climate of economic uncertainty is putting a drag on eco-friendly home upgrades.

"About a quarter of Canadians cited economic

ISTOCK PHOTOS

▶ You can find ways to green up your home.

factors as a reason why they did not green their homes more," Berto explains. "And about 22 per cent felt they'd already done all that they could to make their homes greener."

And there's certainly hesitation over big-ticket improvements.

"A lot of people are willing to turn their thermostats down, but won't spend the $2,500 to $4,000 to put in a high-efficiency furnace — just yet."

Local efficiency

How efficient is your region?

Statistics Ontario slightly outperform the rest of Canada in the 2011 survey. Our regional Green Home Index is 56.2 compared to 54.7 nationally. 18 per cent of Ontarians rank their homes as "very green," as opposed to 16 per cent nationally.

Interestingly, the survey suggests Canadians are more likely to get greener when they see their neighbours taking action.

"If your friends and family are involved in composting, building backyard gardens or using rain barrels, you yourself are more likely to pick up those habits and go along those ways."

If you haven't already gotten started, here's a quick list of simple, affordable ways to save energy — and money — in your own home:

"Get a programmable thermostat for your house." Berto recommends. "Make sure you're using low-flow toilets in your bathroom ... look at a really efficient showerhead."

For more info — homedepot.ca

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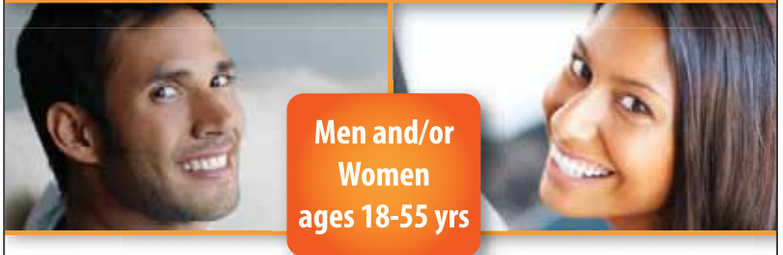

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The Bard gets animated

Kill Shakespeare comic capturing attention of educators and artists ◗ But how much should one play with a play?

A homegrown comic series pitting some of Shakespeare's legendary heroes against his most sinister villains is making the leap off the page and onto the stage.

Anthony Del Col and Conor McCreery are launching the second volume of Kill Shakespeare, called A Blast of War after bringing their literary mash-up to the Young Centre for the Performing Arts in Toronto.

The acclaimed comic series sees the likes of Hamlet, Juliet, Othello and Falstaff on a quest to find a reclusive wizard named William Shakespeare as they battle villainous forces led by Richard III and Lady Macbeth.

Co-writers Del Col and McCreery came up with the concept around eight or nine years ago while brainstorming ideas for video games.

The duo wrote a 20-page treatment for a feature film, envisioning a Lord of the Rings-style, epic action-adventure story.

But with McCreery busy working at the time in business journalism and Del Col in the music industry, the duo put the idea on the backburner until about five years ago, as they tried to conceptualize a way to bring their vision to life.

Del Col said McCreery introduced him to comic series like Y: The Last Man, Fables, and The League of Extraordinary Gentlemen and they decided to give Kill Shakespeare a similar treatment.

CHRIS YOUNG/THE CANADIAN PRESS

▶ Kill Shakespeare co-creators Conor McCreery, left, and Anthony Del Col.

"Some teachers saw it as a great way to sort of introduce their students to the character types and Shakespearean tropes that the Bard uses."
CONOR MCCREERY
CO-CREATOR OF KILL SHAKESPEARE

"The graphic novel format and the comic book format's cool because it's kinetic, it's visual, and you can show as much as you tell," said McCreery, 35.

The Kill Shakespeare production took place this past weekend during the Word Festival. The inaugural fest celebrated the 400th anniversary of the King James Bible as well as the Bard's works through readings, lectures, song and stage performances.

The stage version of Kill Shakespeare included a live reading, as well as artwork by Andy Belanger, who does the illustrations for the comic series.

Del Col, 34, said a test run last April which involved a live reading of the first issue elicited a strong response from both the audience and actors. Theatre companies from Philadelphia to Halifax have already expressed interest.

"Shakespeare started in the theatre so it would be great to do more versions of Kill Shakespeare on stage — fully acted-out versions."

While some purists may be appalled at the notion of placing the Bard's characters in comic form and not using his signature language style, Young Centre general director Albert Schultz sees the comic series creators as "clever."

"They've taken a cultural icon — Shakespeare — that has a huge resonance and they've given him a very contemporary situation — that of the graphic novel," said Schultz, who is also founding artistic director of Soulpepper Theatre Company.

"They're really entrepreneurial and interesting guys that have taken something as pervasive as Shakespeare and made it their own — and that's hard to do after 400 years."

The series is also having an impact in the classroom. It's being used by students in high schools and universities in Canada, the U.S. and Germany.

"Some teachers saw it as a great way to sort of introduce their students to the character types and Shakespearean tropes that the Bard uses," said McCreery. "We've also had universities pick it up because it's kind of a way to contextualize the Bard in a new way — quite apart from all the people who just read it because it's a fun comic."

THE CANADIAN PRESS

The little comic that could

Among the notable fans of the series are British playwright Tom Stoppard and Oscar-nominated director Julie Taymor, who helmed a film adaptation of The Tempest.

A Kill Shakespeare feature film, mobile games and merchandise are all in development, along with plans to further expand the comic series.

Not to be?

Kill Shakespeare isn't without its detractors:

- McCreery said Shakespereean scholar Kimberly Cox has been critical of the series, including the decision by creators to not use iambic pentameter — the distinctive, rhythmic pattern employed by the Bard in crafting verses.
- "Her thought was: 'How can you use Shakespeare and not use Shakespeare's language?' And for us, that was never the point because all that does is put the same hurdle into getting into Shakespeare," he said.
- "Kill Shakespeare is in basically, everyday English. It's a little more poetic, a little more flowery, and we certainly use Shakespearean quotations. But the whole point was you could slip into this without battling, literally, a foreign language."

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A CEO espressos his concern

BOOK REVIEW

CRAIG LUND
LIFE@METRONEWS.CA

Greed has never served anyone well, and in the case of businesses it breeds overconfidence, entitlement and a sense of invincibility.

Case in point: Starbucks. In his book Onward, Starbuck's CEO Howard Schultz lays out the factors that led the company astray in the years 2000 to 2007.

Howard describes the damage as being "slow and quiet" and says, "Obsessed with growth, we took our eye off operations and became distracted from the core of the business". These errors in operation additionally came at the most imperfect of times as the company headed straight into a recession.

Having stepped down as CEO in 2000 to assume the role of Chairman, Schultz returned as CEO in January 2008. Onward is the story of what happened next.

Many people will recall the news in February 2008, when Starbucks made an unprecedented move to close all of their stores for one full day of training. An action that was unprecedented for any company.

Each of the 7,100 U.S. stores had a note on the door reading "We're taking time to perfect our espresso. Great espresso requires practice. That's why we're dedicating ourselves to honing our craft."

Espresso after all is what Schultz fell in love with when he started in the business.

"Pouring espresso is an art," he states. "One that requires the barista to care about the quality of the beverage."

Schultz passion for his business is clear, sometimes to a fault as many senior Starbucks partners can attest to when listening to Schultz speak from the heart.

This was especially upsetting as Schultz's criticism of his company having "lost its way" went against the figures.

Stock price, earnings, shareholder confidence and store openings were all positive. But Schultz was right, the company had lost its way, or more pertinently, its soul.

For many of us, myself included, Starbucks is a part of our daily lives.

Onward is Schultz's commitment to staying in our lives and continuing to be that special 'third place' away from home and work.

CRAIG LUND IS THE PRESIDENT OF MARKETING SERVICES FIRM MARKETING TALENT INC. AND CAN BE REACHED AT CLUND@MARKETINGTALENTINC.COM OR ON TWITTER @CRAIGLUND

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Drawing inspiration

In the game of life, multi-talented artist Jeff Morrison holds all the cards

Morrison moments

- We're stronger as a group than we are on our own. We have to help each other.
- When you come to a barrier you can say, "This is the end of the line". Or you can try to find a way around it. I say, "Just find a way."
- Follow your dream. You may not make it to the top of the mountain but aim high and work hard.
- Life is good. It's a miraculous, mysterious gift.

TERESA KRUZE

▶ Jeff Morrison is an artist, philanthropist, musician and spinal cord injury survivor.

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

It was the last dive of the day, and as Jeff Morrison hit the water he crashed to the bottom of the pool striking his head.

He knew immediately that he couldn't move. He was a quadriplegic and Morrison's life would never be the same again.

After rehab, Morrison began working towards a business degree, but his heart wasn't in it. One day, he forced a Bic ballpoint pen into his hand and started to draw.

"That little drawing was my turning point and it ignited my life. I was still in my wheelchair but the possibilities of what I could do thrilled me."

Successful art shows around the world — including New York and Paris — followed and he developed a line of Christmas cards with the proceeds going to charity.

Now he's following another passion: music. He and partner Tim Hawkes recently recorded a CD and their new downloadable song, I Heard the Bells of Christmas, will help the Grandview Children's Center in Southern Ontario.

Jeff's optimism continues to shine through.

"Never give up. I've come this far and I'm not going to turn back now."

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50 BEST EMPLOYERS IN CANADA 2010 REPORT ON BUSINESS

Lions roar to Grey Cup win

B.C. holds off spirited late Winnipeg comeback to win championship at home in Vancouver

LIONS	BOMBERS
34	23

NATHAN DENETTE/THE CANADIAN PRESS

▶ Lions quarterback Travis Lulay scrambles during the second quarter of the 99th Grey Cup at BC Place in Vancouver last night.

They opened the season with a whimper, but Travis Lulay and the B.C. Lions ended it with a bang last night.

Grey Cup MVP Travis Lulay threw two second-half touchdown passes to lead B.C. to an exciting 34-23 Grey Cup win over the Winnipeg Blue Bombers. The victory, before an ear-splitting BC Place sellout of 54,313 in Vancouver capped a stunning turnaround for the Lions, who opened the season 0-5.

B.C. became the first team in CFL history to win the Grey Cup after losing its first five regular-season games. The Lions also became the first squad since 1994 to capture the league title at home.

B.C. was the last club to accomplish that feat, joining the '72 Hamilton Tiger-Cats and '77 Montreal Alouettes.

Lions tailback Andrew Harris, a Winnipeg native, was named top Canadian.

Lulay's 66-yard TD strike to Kierrie Johnson with seven seconds left in the third quarter put B.C. ahead 24-9. But the game's turning point came with 12:21 left to play.

Lulay tried to throw a screen pass inside the B.C. 30-yard line, but Winnipeg end Odell Willis got his hands on the ball and had a clear path to the end zone. Willis couldn't hang on, and the Lions dodged a huge bullet.

B.C. then marched downfield and capped an 82-yard drive at 8:10 of the fourth, as Lulay found Arland Bruce III on a six-yard TD strike to give B.C. a commanding 31-9 advantage.

Buck Pierce made it interesting with two TD passes for Winnipeg. He hit Greg Carr on a 45-yard touchdown strike at 11:22, then found Terrence Edwards on a 13-yard scoring pass with 1:37 remaining to make it 31-22. It was set up by Jovon Johnson's 47-yard punt return that was further aided by a B.C. facemask penalty called on kicker Paul McCallum.

But Winnipeg's onside kickoff attempt didn't go the mandatory 10 yards, giving B.C. the ball with 1:36 remaining, sealing the championship for the Lions. THE CANADIAN PRESS

4 sports

Quoted

"We are thrilled that a tentative agreement has been reached and are looking forward to getting back to work and playing basketball."

DWYANE WADE. WADE AND OTHER NBA STARS, INCLUDING LEBRON JAMES, HAVE CANCELLED THEIR HOMECOMING TOUR. THE FOUR-CITY TOUR WAS SUPPOSED TO OPEN IN JAMES' HOMETOWN OF AKRON, OHIO, ON DEC. 1, BUT THAT GAME AND THREE OTHERS HAVE BEEN SCRAPPED NOW THAT THE LEAGUE AND ITS PLAYERS HAVE A TENTATIVE LABOUR AGREEMENT.

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Winners and losers of NBA's tentative deal

Season to begin Christmas Day after sides make handshake agreement

NBA owners and players reached a tentative agreement early Saturday morning to end the 149-day lockout and plan to begin the delayed season on Christmas Day.

Here are some highlights:

The deal: Largely completed around 3 a.m. ET Saturday, then announced. More details still must be tackled including dismissing all pending lawsuits, making the National Basketball Players Association an actual union again and voting by both the players and owners to ratify the agreement.

Key dates: Dec. 9 (free agency opens, camps open), Dec. 25 (games begin).

MIKE EHRMANN/GETTY IMAGES

"Every single department's up and running, ready to roll ... That's what we do every day. And we're ready to roll. When we find out, we're ready to go."

MIAMI HEAT PRESIDENT PAT RILEY ON HIS TEAM'S PREPARATIONS FOR THE NBA'S SHORTENED FREE-AGENCY PERIOD, SET TO BEGIN DEC. 9.

Owners' biggest win: Reducing the players' guarantee of basketball-related income to no higher than 51 per cent after they received 57 per cent under the previous collective bargaining agreement. With each BRI point worth about $40 million US based on last season's revenues, that's a swing of at least $240 million annually, erasing most of what owners said were $300 million in losses last season.

Owners' biggest loss: The NFL style hard cap and non-guaranteed contracts they sought. The system is in fact similar to the old one, just with harsher luxury tax penalties to limit spending.

Players' biggest win: The preservation of the mid-level exception — though in a reduced form — and various trade rules for teams over the luxury tax, keeping the biggest market teams in the running to bid for them, even if they can't pay as much as they used to.

Players' biggest loss: Money. They're transferring more than $1 billion in salary and benefits to owners in the first six years of the deal.

What's next: Look for talks early this week on a pre-season schedule, the dismissal or settlement of pending lawsuits, then movement toward getting the entire CBA written.

THE ASSOCIATED PRESS

West Coast. Trip

▶ The Toronto Maple Leafs' Clarke MacArthur celebrates his first period goal against the Ducks in Anaheim last night. Visit metronews.ca for results.

JEFF GROSS/GETTY IMAGES

Leafs invade the O.C.

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d-Florida	23	12	7	1	3	64	59	28	5-2-1-3	7-5-0-0	6-3-1-0	L2
Philadelphia	23	13	7	2	1	82	68	29	6-4-1-1	7-3-1-0	6-3-1-0	L1
Toronto	23	13	8	1	1	74	73	28	6-3-1-1	7-5-0-0	4-5-0-1	W2
NY Rangers	20	12	5	1	2	56	42	27	6-1-0-1	6-4-1-1	8-2-0-0	W2
Buffalo	23	13	9	0	1	67	61	27	6-6-0-1	7-3-0-0	5-4-0-1	W1
Washington	22	12	9	0	1	70	73	25	8-2-0-1	4-7-0-0	3-6-0-1	L2
New Jersey	22	12	9	0	1	57	58	25	5-4-0-1	7-5-0-0	6-4-0-0	L1
Tampa Bay	22	11	9	0	2	62	69	24	7-3-0-0	4-6-0-2	6-4-0-0	W2
Ottawa	23	11	10	1	1	69	79	24	6-4-0-1	5-6-1-0	4-4-1-1	W1
Montreal	24	10	10	2	2	61	60	24	4-5-2-2	6-5-0-0	4-3-2-1	L2
Winnipeg	23	9	10	3	1	66	74	22	5-3-0-0	4-7-3-1	4-4-2-0	L1
Carolina	25	8	13	2	2	60	83	20	5-6-0-2	3-7-2-0	3-7-0-0	L3
NY Islanders	21	6	11	3	1	41	68	16	5-6-2-0	1-5-1-1	2-6-2-0	W1

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d-Minnesota	23	13	7	2	1	54	52	29	8-4-1-0	5-3-1-1	7-3-0-0	L2
d-San Jose	20	13	6	1	0	60	46	27	6-4-1-0	7-2-0-0	7-2-1-0	L1
Detroit	22	14	7	1	0	65	49	29	9-2-1-0	5-5-0-0	8-2-0-0	W5
St. Louis	23	13	8	0	2	57	49	28	8-2-0-1	5-6-0-1	7-1-0-2	W3
Phoenix	22	12	7	1	2	61	56	27	7-4-1-1	5-3-0-1	6-3-1-0	W1
Vancouver	23	13	9	0	1	69	59	27	5-3-0-1	8-6-0-0	7-3-0-0	W4
Dallas	23	13	9	0	1	59	64	27	8-3-0-1	5-6-0-0	3-6-0-1	L2
Edmonton	23	12	9	0	2	64	58	26	6-2-0-1	6-7-0-1	4-6-0-0	L1
Los Angeles	23	11	8	2	2	55	55	26	6-6-0-1	5-2-2-1	5-4-1-0	L2
Nashville	22	10	8	3	1	58	61	24	4-3-2-1	6-5-1-0	4-4-2-0	L4
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Calgary	22	9	12	1	0	50	60	19	4-5-1-0	5-7-0-0	4-6-0-0	W1
Anaheim	22	6	12	1	3	48	72	16	4-7-0-0	2-5-1-3	1-7-0-2	L6
Columbus	23	6	14	0	3	54	75	15	5-7-0-1	1-7-0-2	4-6-0-0	L1

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Yesterday's results
Ottawa 4 Carolina 3
Calgary 5 Minnesota 2
St. Louis 2 Columbus 1
Toronto at Anaheim
Saturday's results
Pittsburgh 4 Montreal 3 (OT)
Vancouver 3 San Jose 2
Colorado 5 Edmonton 2
Boston 4 Winnipeg 2
N.Y. Rangers 2 Philadelphia 0
Phoenix 3 Dallas 0
Tampa Bay 5 Florida 1
Chicago 2 Los Angeles 1
N.Y. Islanders 3 New Jersey 2
Buffalo 5 Washington 1
Detroit 4 Nashville 1
Tonight's games
All times Eastern
Tampa Bay at Minnesota, 7:30 p.m.
Dallas at Colorado, 9 p.m.
Nashville at Edmonton, 9:30 p.m.
San Jose at Los Angeles, 10:30 p.m.
Tomorrow's games
N.Y. Islanders at Buffalo, 7 p.m.
St. Louis at Washington, 7 p.m.
Florida at Carolina, 7 p.m.
Pittsburgh at N.Y. Rangers, 7:30 p.m.
Ottawa at Winnipeg, 8:30 p.m.
Phoenix at Chicago, 8:30 p.m.
Nashville at Calgary, 9:30 p.m.
Columbus at Vancouver, 10 p.m.

SENATORS 4, HURRICANES 3

First Period
1. Ottawa, Spezza 7 (Gonchar, Karlsson) 0:55
2. Carolina, Dwyer 3 (Sutter) 15:03
3. Ottawa, Spezza 8 (Gonchar, Karlsson) 18:03

Penalties — Condra Ott (interference) 3:20, Cowen Ott (hooking) 12:27, Joslin Car, Greening Ott (fighting) 17:14, Sutter Car (boarding) 17:21, Skinner Car (slashing) 19:36.

Second Period
4. Ottawa, Rundblad 1 (Butler, Konopka) 19:46

Penalties — Foligno Ott (interference) 1:39, Gleason Car (roughing), Winchester Ott (roughing, unsportsmanlike conduct) 5:57, Spezza Ott (high-sticking) 14:10, Sutter Car (hooking) 17:46.

Third Period
5. Carolina, Staal 5 (Pitkanen, Ruutu) 6:46
6. Ottawa, Smith 4 (Daugavins, Kuba) 12:35
7. Carolina, Ponikarovsky 6 (LaRose) 16:49 (pp)

Penalties — Spezza Ott (hooking) 0:36, Staal Car (tripping) 4:17, Filatov Ott (hooking) 14:56, Smith Ott (high-sticking) 18:16.

Shots on goal

Carolina	14	12	9	—35
Ottawa	6	12	7	—25

Goal — Carolina: Ward (L,8-10-3); Ottawa: Anderson (W,10-7-1).
Power plays (goals-chances) — Carolina: 1-8; Ottawa: 1-4.
Referees — David Banfield, Dan O'Rourke.
Linesmen — Steve Barton, Brad Kovachik.
Attendance — 19,656 (19,153) at Ottawa.

FLAMES 5, WILD 2

First Period
1. Minnesota, Clutterbuck 6 (Koivu, Heatley) 1:57 (pp)
2. Calgary, Giordano 4, 4:37
3. Calgary, Stempniak 5 (Backlund, Butler) 6:54
4. Minnesota, Johnson 3 (Brodziak) 8:06
5. Calgary, Brodie 1 (Stajan, Jackman) 8:45

Penalties — Giordano Cal (high-sticking) 0:28, Clutterbuck Min (high-sticking) 8:53, Glencross Cal (cross-checking), Stoner Min (roughing) 12:50.

Second Period — No Scoring.

Penalties — W.Peters Min (slashing) 2:02, Bourque Cal (tripping) 10:48, Smith Cal (holding) 16:12, Stempniak Cal (holding) 19:28.

Third Period
6. Calgary, Tanguay 4, 1:39
7. Calgary, Iginla 7 (Glencross, Jokinen) 8:26

Penalties — Minnesota bench (objects on ice; served by Staubitz) 8:26, Stajan Cal (goaltender interference) 18:38.

Shots on goal

Calgary	15	11	9	—35
Minnesota	7	10	4	—21

Goal (shots-saves) — Calgary: Kiprusoff (W,9-9-0); Minnesota: Backstrom (L,7-5-2)(8-5), Harding (8:45 first)(27-25). **Power plays (goals-chances)** — Calgary: 0-3; Minn: 1-5.
Att. — 16,864 (18,064) at St. Paul, Minn.

SCORING LEADERS

	G	A	PT
Kessel, Tor	16	14	30
Giroux, Pha	13	16	29
Lupul, Tor	11	16	27
Vanek, Buf	12	14	26
Versteeg, Fla	12	14	26
Toews, Chi	13	12	25
Pominville, Buf	9	16	25
Backstrom, Wash	7	18	25
D.Sedin, Vcr	6	19	25
Stamkos, TB	14	10	24
Smyth, Edm	12	12	24
Kopitar, LA	10	14	24
Nugent-Hopkins, Edm	10	14	24
H.Sedin, Vcr	8	16	24
Neal, Pgh	13	10	23
Seguin, Bos	12	11	23
Fleischmann, Fla	10	13	23
Ma.Hossa, Chi	9	14	23
Eberle, Edm	7	16	23
P.Kane, Chi	7	16	23
Benn, Dal	6	17	23
Sharp, Chi	10	12	22
Franzen, Det	10	12	22
Malkin, Pgh	8	14	22
Weiss, Fla	8	14	22
Skinner, Car	9	12	21
Selanne, Ana	8	13	21
J.Thornton, SJ	5	16	21
Pavelski, SJ	11	9	20
Eriksson, Dal	10	10	20
Marleau, SJ	10	10	20
Elias, NJ	8	12	20
Spezza, Ott	6	14	20
Plekanec, Mtl	5	15	20
Vrbata, Phx	11	8	19
Pacioretty, Mtl	10	9	19
M.Richards, LA	10	9	19
Hartnell, Pha	9	10	19
Filppula, Det	7	12	19
St. Louis, TB	6	13	19
Prospal, Clb	6	13	19
Datsyuk, Det	6	13	19
Dupuis, Pgh	6	13	19
M.Bergeron, TB	3	16	19
Letang, Pgh	3	16	19
Campbell, Fla	2	17	19

Last night's games not included

CFL PLAYOFFS

GREY CUP

At Vancouver
Last night's result
B.C. 34 Winnipeg 23

LIONS 34, BLUE BOMBERS 23

First Quarter
B.C. — TD Harris 19 run (McCallum convert) 8:27
B.C. — FG McCallum 22 11:34
B.C. — Single McCallum 57 14:34
Second Quarter
B.C. — FG McCallum 16 10:28
Wpg — FG Palardy 30 12:24
Wpg — FG Palardy 15 14:30
Third Quarter
Wpg — FG Palardy 33 4:50
B.C. — FG McCallum 22 12:16
B.C. — TD K.Johnson 66 pass from Lulay (McCallum convert) 14:53
Fourth Quarter
B.C. — TD Bruce 6 pass from Lulay (McCallum convert) 8:10
Wpg — TD Carr 45 pass from Pierce (Palardy convert) 11:22
Wpg — TD Edwards 13 pass from Pierce (Palardy convert) 13:23
B.C. — FG McCallum 33 14:02

Winnipeg	**0**	**6**	**3**	**14**	**—23**
B.C.	**11**	**3**	**10**	**10**	**—34**

Attendance — 54,313.

GOLF

AUSTRALIAN PGA CHAMPIONSHIP

At Coolum, Australia
Par 72
Final Round
(x—won on first playoff hole)

x-Greg Chalmers	71-69-69-67—276
Robert Allenby	69-68-71-68—276
Marcus Fraser	68-65-74-69—276
Adam Scott	70-67-73-68—278
Aaron Baddeley	67-72-67-72—278
Nick O'Hern	72-69-71-67—279
Marc Leishman	70-69-71-69—279
K.T. Kim	69-67-67-76—279
Jason Day	69-69-72-70—280
John Senden	73-64-72-71—280
Y.E. Yang	69-68-70-73—280
Brad Kennedy	74-68-70-69—281
Bubba Watson	67-68-69-77—281
Rickie Fowler	69-73-70-70—282
Kurt Barnes	69-69-72-72—282
Rod Pampling	72-71-66-73—282
Matthew Giles	70-70-68-74—282
David Bransdon	69-71-67-75—282
Andre Stolz	67-77-70-69—283
Anthony Summers	70-68-74-71—283
Choi Joon-woo	66-73-72-72—283
Stuart Appleby	70-68-72-73—283
Aron Price	69-72-75-68—284
Stephen Leaney	70-72-74-68—284
Kieran Pratt	68-70-74-72—284
Greg Norman	72-69-69-74—284
Anthony Brown	73-70-74-68—285
Steven Bowditch	66-73-77-69—285
Mitchell Brown	69-73-72-71—285
Michael Long	70-73-71-71—285
Ryan Haller	70-70-76-70—286
Stephen Dartnall	73-70-71-72—286
Leigh McKechnie	68-70-74-74—286
Josh Geary	68-70-74-74—286
Chan Shih-chang	69-69-73-75—286
Scott Arnold	72-72-74-69—287
Andrew Dodt	72-72-72-71—287

NFL

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	8	3	0	.727	331	223
N.Y. Jets	6	5	0	.545	256	241
Buffalo	5	6	0	.455	261	281
Miami	3	8	0	.273	212	206

SOUTH

	W	L	T	Pct	PF	PA
Houston	8	3	0	.727	293	179
Tennessee	6	5	0	.545	226	212
Jacksonville	3	8	0	.273	138	200
Indianapolis	0	11	0	.000	150	327

NORTH

	W	L	T	Pct	PF	PA
Baltimore	8	3	0	.727	272	182
Pittsburgh	7	3	0	.700	220	179
Cincinnati	7	4	0	.636	259	215
Cleveland	4	7	0	.364	165	216

WEST

	W	L	T	Pct	PF	PA
Oakland	7	4	0	.636	260	274
Denver	6	5	0	.545	221	260
Kansas City	4	6	0	.400	144	252
San Diego	4	7	0	.364	249	275

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Dallas	7	4	0	.636	270	225
N.Y. Giants	6	4	0	.600	228	228
Philadelphia	4	7	0	.364	257	251
Washington	4	7	0	.364	183	222

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	7	3	0	.700	313	228
Atlanta	7	4	0	.636	259	227
Tampa Bay	4	7	0	.364	199	291
Carolina	3	8	0	.273	252	305

NORTH

	W	L	T	Pct	PF	PA
Green Bay	11	0	0	1.000	382	227
Chicago	7	4	0	.636	288	232
Detroit	7	4	0	.636	316	246
Minnesota	2	9	0	.182	214	295

WEST

	W	L	T	Pct	PF	PA
San Francisco	9	2	0	.818	262	161
Seattle	4	7	0	.364	185	232
Arizona	4	7	0	.364	213	256
St. Louis	2	9	0	.182	140	270

WEEK 12
Yesterday's results
Cincinnati 23 Cleveland 20
N.Y. Jets 28 Buffalo 24
Oakland 25 Chicago 20
Arizona 23 St. Louis 20
Tennessee 23 Tampa Bay 17
Houston 20 Jacksonville 13
Carolina 27 Indianapolis 19
Denver 16 San Diego 13 (OT)
Atlanta 24 Minnesota 14
New England 38 Philadelphia 20
Washington 23 Seattle 17
Pittsburgh at Kansas City
Tonight's game
All times Eastern
N.Y. Giants at New Orleans, 8:30 p.m.
WEEK 13
Thursday's game
Philadelphia at Seattle, 8:20 p.m.

TENNIS

ATP

BARCLAYS WORLD FINALS

At London
Singles — Championship
Roger Federer (4), Switzerland, def. Jo-Wilfried Tsonga (6), France, 6-3, 6-7 (6), 6-3.
Doubles — Championship
Max Mirnyi, Belarus, and **Daniel Nestor (3), Canada,** def. Mariusz Fyrstenberg and Marcin Matkowski (8), Poland, 7-5, 6-3.
Singles — Semifinals
Roger Federer (4), Switzerland, def. David Ferrer (5), Spain, 7-5, 6-3.
Jo-Wilfried Tsonga (6), France, def. Tomas Berdych (7), Czech Republic, 6-3, 7-5.
Doubles — Semifinals
Max Mirnyi, Belarus, & **Daniel Nestor (3), Toronto,** def. Bob & Mike Bryan (1), US, 7-6 (6), 6-4.

FOOTBALL

CIS PLAYOFFS

VANIER CUP

At Vancouver
Friday's result
McMaster 41 Laval 38 (OT)

MCMASTER 41, LAVAL 38 (OT)

First Quarter
McM — FG Crapigna 26 7:55
McM — FG Crapigna 32 12:57
Second Quarter
McM — TD Hill 3 pass from Quinlan (Crapigna convert) 1:22
McM — TD Pezzetta 13 run (Crapigna convert) 5:25
McM — FG Crapigna 24 13:37
Third Quarter
Lav — TD Rioux 62 punt return (Bede convert) 3:03
Lav — TD Plesius 37 interception return (Bede convert) 4:17
Lav — FG Bede 18 11:49
Fourth Quarter
Lav — TD Levesque 44 run (Bede convert) 1:57
McM — TD Peressini 9 run (Peressini 5 pass from Quinlan for two-point convert) 9:07
Lav — TD Feoli-Gudino 5 pass from Prud'homme (Bede convert) 12:47
Overtime
McM — TD Fochesato 26 pass from Quinlan (Crapigna convert)
Lav — TD Thibaut 33 pass from Prud'homme (Bede convert)
McM — FG Crapigna 20

Laval	0	0	17	14	7	—38
McMaster	6	17	0	8	10	—41

Attendance — 24,953.

TRANSACTIONS

HOCKEY

NHL

DETROIT RED WINGS—Reassigned F Fabian Brunnstrom to Grand Rapids (AHL).
OTTAWA SENATORS—Recalled F Nikita Filatov from Binghamton (AHL). Reassigned F Stephane Da Costa to Binghamton.
PHOENIX COYOTES—Reassigned D Maxim Goncharov to Portland (AHL).

AHL

LEAGUE OFFICE—Suspended Grand Rapids D Garnet Exelby 1 game for a spearing incident during Friday's game against Oklahoma City.

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BILL KOSTROUN/THE ASSOCIATED PRESS

▶ Bills wide receiver Stevie Johnson celebrates his second quarter touchdown against the Jets yesterday in East Rutherford, N.J.

Buffalo's big guns backfire against Jets

Bills' Johnson takes jab at Burress's past gun charges in loss to New York
'I feel I cost our team a win,' says Johnson of end zone celebrations

Buffalo's Stevie Johnson said he was "just having fun" when he mocked being shot in the thigh after a touchdown catch yesterday. He recognized after a 28-24 loss to Plaxico Burress and the Jets that his celebration hurt the Bills.

BILL KOSTROUN/THE ASSOCIATED PRESS

"I've already been through the ringer with that whole situation ... You're going to see things, you're going to hear things, or whatever it may be, but it doesn't bother me at all."
PLAXICO BURRESS ON STEVIE JOHNSON'S END ZONE CELEBRATION

Actually, though, the Bills wide receiver was penalized 15 yards for another celebration following his five-yard scoring catch that put Buffalo ahead 14-7 in the second quarter. Johnson drew the flag while imitating the Jets' "flight" celebration.

"I was just having fun and part of having fun ended up being a penalty and a touchdown for the Jets," Johnson said. "It was a stupid decision by myself."

The penalty forced Buffalo to kick off from its 20-yard line. Dave Rayner, a substitute for injured kicker Rian Lindell, mis-hit the intended squib kick and it bounced off the Jets' Emmanuel Cook, who recovered at the Buffalo 36. New York scored on a 14-yard pass from Mark Sanchez to Burress with 1:03 remaining in the half to make it 14-14.

Burress, of course, served 20 months in prison for accidently shooting himself in the leg in a nightclub in 2008 while a member of the Giants.

Asked if his demonstration was meant as a personal knock at Burress, Johnson said "not at all."

"I can't be doing that," he added. "I cost my team seven points. I feel I cost our team a win."

Burress, who made a spectacular catch on the Jets' late drive for the winning touchdown, said he wasn't aware of what Johnson did.

"I've seen worse, and I've heard worse," Burress said. "So, it doesn't bother me at all. The result I'm looking at is we won the football game.

"He's a young player and I like him a lot. I think he's a great young talent and is going to be a great player in this league."

Although Bills coach Chan Gailey said he didn't see what action drew the penalty, he criticized his team for a lack of maturity.

"One of the things today was a lack of discipline and we have got to get that straightened out," Gailey said. "We need that kind of emotion without those glaring errors."

Gailey told Johnson immediately after the penalty, "You can't do that stuff, it hurts the team."

Johnson also had a key drop near the Jets' goal line as Buffalo drove downfield in the final moments.

THE ASSOCIATED PRESS

Around the NFL

In other action yesterday:

- **Cam Newton threw for 208 yards** and ran for a score and DeAngelo Williams scored twice to help the Carolina Panthers hold off the winless Indianapolis Colts 27-19.
- **Matt Ryan tossed three TD passes** and Atlanta held on for a 24-14 win over the Minnesota Vikings. The Falcons were up 17-0 at the half after allowing just 97 yards.
- **Matt Leinart injured his throwing shoulder**, overshadowing Houston's 20-13 win over Jacksonville. Leinart delivered a perfect TD pass to Joel Dreessen before leaving the game in the second quarter.

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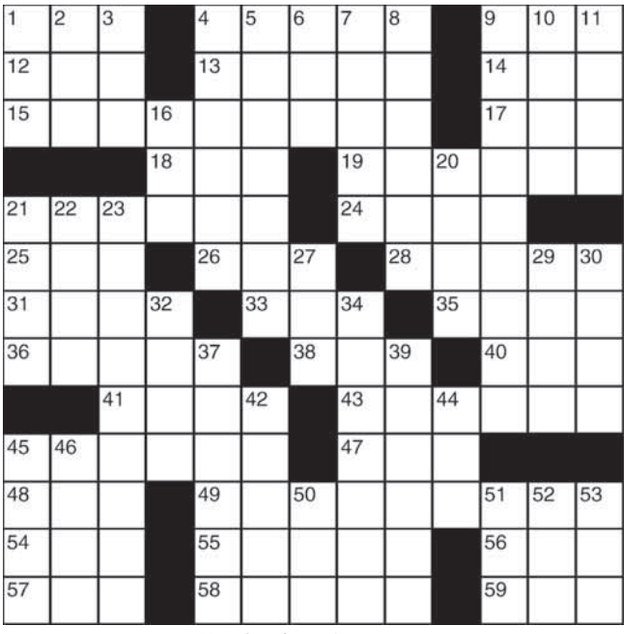
Crossword



Across
1 Cambridge sch.
4 Tweak the Constitution
9 Letterman's network
12 Fuss
13 Alamo hero with a knife named for him
14 Feedbag morsel
15 Part
17 Biz deg.
18 Commercials
19 Quartz variety
21 Baked potato's skin
24 Liniment target
25 Swelled head
26 Stitch
28 Esteem
31 Simple arithmetic
33 Sinbad's bird
35 — St. Vincent Millay
36 Come to a point
38 Bankroll
40 Charged bit
41 Brewery products
43 New Jersey airport
45 OK for dieters
47 Parisian pal
48 Boxer Muhammad
49 ENIAC and its successors
54 Life story, for short
55 Judge, at times
56 Caustic solution
57 Male offspring
58 Logic
59 Doctor's due

Done
1 Buddy
2 Altar affirmative
3 Cruise or Selleck
4 Homes
5 Dr. Frankenstein's creation
6 Female sheep
7 Martial arts mercenary
8 Remove (from)
9 Digests of a sort
10 Movie pig
11 Celebrity
16 Neighbor of Afgh.
20 Oxford, e.g.
21 Make jokes
22 Water (Sp.)
23 Chum
27 "Holy moley!"
29 — about (approximately)
30 Hierarchy level
32 Narcissist's love
34 Finger food
37 Does a double-take
39 Coy
42 Emporium
44 Humor
45 Apprehends
46 Hodgepodge
50 60 sec.
51 Sprite
52 "Catcher in the —"
53 Witness

▶ Yesterday's answer

H	A	G	■	J	A	M	■	S	U	P	R	A
A	L	E	■	A	D	A	■	A	R	I	E	L
V	E	E	■	D	O	L	L	Y	L	E	V	I
O	P	S	■	A	R	I	E	S	■	■	■	■
C	H	E	Z	■	N	A	G	■	W	O	V	E
■	■	■	I	T	S	■	S	L	A	V	E	R
V	I	O	L	A	■	■	■	E	L	A	T	E
A	C	A	C	I	A	■	S	A	T	■	■	■
S	E	T	H	■	W	E	E	■	Z	A	N	Y
■	■	■	■	M	O	R	A	L	■	B	O	A
D	A	L	A	I	L	A	M	A	■	R	O	C
E	V	E	R	S	■	S	A	D	■	A	S	H
B	E	S	E	T	■	E	N	D	■	M	E	T

Sudoku

1		9		8				
			3				9	
	5			9		1		
7		4	9		6	5		
	9						4	
		6	2		5	7		9
		5		3			7	
	1				2			
				6		3		8

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

9	8	4	1	3	6	2	5	7
1	5	7	2	9	4	3	6	8
2	3	6	8	7	5	1	4	9
5	7	3	9	4	2	8	1	6
6	9	1	7	5	8	4	2	3
4	2	8	6	1	3	9	7	5
3	1	5	4	8	7	6	9	2
8	6	9	5	2	1	7	3	4
7	4	2	3	6	9	5	8	1

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my boy
A special smile a special face
A special someone no one can replace I love you and always will You have filled a space no one could fill
FROM DAISY

Sunshine Aura
A, would like your presence sincerely calling out to you. Presently, at home, cozy and warm. Hope all is well with you and heading in the direction your fate is taking you. Google, myspace, facebook, youtube, ymail, etc. ;) Giggles! Will msg you back new digits with zest! To A from me!
FROM MOON BEAMS

My KyeKye
i love you, your amazing and make me very happy I am so thankful to have someone like you in my life <3 you mean a lot to me and I just thought you should know. xox <3
FROM SHAY

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 Although a lot of the time you don't take life too seriously, today something will strike you as of life or death importance. It isn't, so stop worrying.

♉ Taurus April 21-May 21 Anyone who doubts your ambition is about to learn just how tough a Taurus can be.

♊ Gemini May 22-June 21 You will need to trust someone else's judgment today.

♋ Cancer June 22-July 22 Don't do everything at the last minute.

♌ Leo July 23-Aug.23 You won't hesitate to throw your weight around a bit if you think it will bring you the things you desire.

♍ Virgo Aug. 24- Sept. 22 You must listen carefully to both sides of the story you are currently being told.

♎ Libra Sept. 23-Oct. 23 Seek out people who know how to get the best out of life, who know how to have fun.

♏ Scorpio Oct. 24-Nov. 22 No matter how far you may be behind in your schedule you can still get everything done that has to be done.

♐ Sagittarius Nov. 23-Dec. 21 You may think that nothing is beyond you and no doubt you are right

♑ Capricorn Dec. 22-Jan. 20 Your problem? You think too much!

♒ Aquarius Jan. 21-Feb. 18 Times are good and about to get even better and those who say you should be cautious must be ignored.

♓ Pisces Feb. 19-March 20. At some stage this week you are going to have to choose which is the more important to you: your private life or your career.

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MISHA JAPARIDZE/THE ASSOCIATED PRESS

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